

NORTH BELLEVUE COMMUNITY CENTER

4063-148th Avenue NE • Bellevue, WA 98007 • 425-452-7681 (FAX: 425-882-1968)
Hours: Mon–Thurs 8:30am–9pm • Fri 8:30am–6pm • Sat: Classes & Fitness Center only
Programs, hours, and fees subject to change without notice. Please contact NBCC for updated information.

SPRING/SUMMER SCHEDULE MAY-AUGUST 2016 EVENTS, WORKSHOPS & INFORMATION

Dental Services

4th Mon of each month
8:30am–5pm
By Appointment Only

Foot Care Clinic

2nd Tues & 2nd & 4th Wed
8:30am–3:30pm
By Appointment Only

Beyond Massage

1st Mon of each month
9:30am–12:30pm
By Appointment Only

Reflexology

1st & 3rd Tues of each month
10am–3pm
By Appointment Only

Lunch Program

Lunch served at Noon
Mon/Tues/Wed/Fri
60+: \$3 suggested donation • Under 60: \$6 fee

Thursday Afternoon at the Movies

Every Thurs at 2pm-FREE

Legal Clinic / Eastside Legal Assistance

Every Thurs, 2–4pm. *For appointment call 425-747-7274*

SHIBA Medicare Assistance

Call for current schedule. *By Appointment Only*

Community Living Connections

Resources and information related to older adults. Call 206-962-8467 or 1-844-348-5464.

Drop-in Computer Help

2nd, 4th and 5th Tues • 9:30am–12noon • \$3R/\$4 NR

Sounds of Swing Dances

2nd Tues of each month • 2–4pm \$3 at the door • Ages 18+

Mother's Day Luncheon

Wed, May 4, 11:30am–1pm
Pre-registration required/Space limited

Father's Day Luncheon

Wed, June 15, 11:30am–1pm
Pre-registration required/Space limited

End of Summer Picnic Luncheon

Wed, August 31, 11:30am–1pm
Pre-registration required/Space limited

TRIPS • Trips *MUST* be paid at the time of registration.

Tillicum Village

Sat, 5/7, 10am–4:30pm

Red Lobster & Olive Garden

Tue, 5/10, 11am–3pm

Maifest at Leavenworth

Sat, 5/14, 8am–7pm

Olympic Game Farm & Dockside Grill

Wed, 5/18, 7am–5pm

Black Diamond Bakery & Restaurant

Fri, 5/20, 11am–3pm

Stanley & Seaforts

Thu, 5/26, 10:30am–2pm

Whale Watching Cruise

Tue, 6/7, 7am–7pm

Red Wind Casino

Fri, 6/10, 9am–5pm

Le Grand Bistro American

Wed, 6/15, 11:30am–2pm

Tree House Point & Roadhouse Inn

Tue, 6/21, 10am–4pm

Independence Day Bingo Cruise

Thu, 6/30, 10am–3pm

Salish Breakfast & Snoqualmie Falls

Thu, 7/7, 8am–12pm

Sucia Island Cruise

Sun, 7/10, 8am–6pm

Outback Kangaroo Farm

Wed, 7/13, 8am–4pm

Snoqualmie Casino

Tue, 7/19, 9am–4pm

Emerald Downs

Thu, 7/22, 4:30–11pm

Barking Frog

Wed, 7/27, 11am–2pm

Skagit Valley Gardens Afternoon Tea

Tue, 8/2, 10:30am–2:30pm

SeaFair Meet the Fleet Cruise

Wed, 8/3, 10:30am–2:30pm

Chuckanut Bay Crab Cruise

Thu, 8/11, 9am–4pm

13 Coins, Bellevue

Wed, 8/17, 11am–2pm

Skagit Casino

Tue, 8/23, 9am–5pm

Pick-up a Trip Book for more exciting adventures.

FITNESS CENTER



Come check out the Fitness Center
Personal Training Assessment Available
Welcome Silver Sneakers & Prime Members!

RENTAL SPACE



Rental Space, call 425-452-7681
We have the space you need for your party, meeting, training, or event.

DAILY SCHEDULE



MONDAY 8:30am-9pm

* Ping Pong	8:45-10:45am & 3-5pm	\$3 R/\$4 NR
Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
Gentle Yoga by Wendy	10:30-11:30am	\$9 R/\$11 NR
SilverSneaker Classic	11am-12noon	\$6 R/\$7 NR
Exercise in Spanish	11:15-12noon	FREE
* Line Dance PRACTICE	11:45-12:45pm	\$3 R/\$4 NR
ESL/Spanish Speakers	12:45-1:45pm	FREE
* Pickleball	3-5pm	\$3 R/\$4 NR
Jazzercise	5:45-6:45pm	\$ Fee applies

TUESDAY 8:30am-9pm

Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
Enhance Fitness	9-10am	\$4 R/\$5 NR
Drop-in Computer Help (2nd, 4th & 5th Tues)	9:30am-12noon	\$3 R/\$4 NR
Book Club	2nd Tue • 10-11:30am	FREE
Tap Dance	12-1pm	\$5 R/\$6 NR
Sound of Swing Big Band (Dance 2nd Tuesday each month)	2-4pm	\$3 dance fee; no fee for rehearsal weeks
Jazzercise	4:30-5:30pm	\$ Fee applies

WEDNESDAY 8:30am-9pm

* Ping Pong	3-5pm	\$3 R/\$4 NR
Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
* Tai Chi Practice	9-11am	\$3 R/\$4 NR
ESL Newspaper Reading	9:30-10:30am	FREE
ESL Beginning/Intermediate	10am-12noon	FREE
Chinese Chorus	11am-12noon	FREE
SilverSneaker Classic	11am-12noon	\$6 R/\$7 NR
Red Cross Knitting Group	11am-3pm	FREE
Duplicate Bridge	12-3:30pm	.50¢
* Ballroom Dance	1-3pm	\$3 R/\$4 NR
* Pickleball	3:30-5:30pm	\$3 R/\$4 NR
Jazzercise	5:45-6:45pm	\$ Fee applies

THURSDAY 8:30am-9pm

Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
Enhance Fitness	9-10am	\$4 R/\$5 NR
CISC Info & Assistance	9am-12noon	FREE
ESL Advanced	10-11:30am	FREE
Cribbage	10am-12noon	FREE
Community Social & Snack	10am-2pm	FREE
Gentle Yoga by Wendy	10:30-11:30am	\$9 R/\$11 NR
* Parent/Child Drop-In Play	11:30am-1pm	\$3 R/\$4 NR
Pinochle	12-3pm	FREE
Thursday Movies	2-4pm	FREE
Legal Clinic	2-4pm	Call 425-747-7274 for appointment
Jazzercise	4:30-5:30pm	\$ Fee applies

FRIDAY 8:30am-6pm

Ping Pong	8:45-10:45am & 3:30-5:30pm	\$3 R/\$4 NR
Billiards	8:30am-5:30pm	FREE
Fitness Center	8:30am-5:30pm	\$ Fee applies
Enhance Fitness	9-10am	\$4 R/\$5 NR
Chorus	10:30-11:45am	FREE
* Line Dance PRACTICE	10:30-11:45am	\$3 R/\$4 NR
Yoga in Spanish	11:15am-12noon	FREE
Duplicate Bridge	12-3:30pm	.50¢
* Pickleball	3:30-5:30pm	\$3 R/\$4 NR

SATURDAY

Fitness Center	8am-12noon	\$ Fee applies
Jazzercise	8-8:55am	\$ Fee applies
Tai Chi QiGong	9-10am	\$12 R/\$14 NR

*** See the NBCC staff regarding a PLAY PASS for discounted play.**



REGISTER for classes and events:

IN PERSON: at the front desk
OVER THE PHONE: call 425-452-7681
ONLINE: www.myparksandrecreation.com
WEB: www.bellevuewa.gov/north_bellevue_community



Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.



Bellevue Parks & Community Services